

OFFICIAL PYHA COVID MITIGATION POLICIES & PROCEDURES

The following policies and procedures will be instituted for the 2020-21 hockey season. Our approach takes into account the recommendations of USA Hockey, the measures undertaken by the Palouse Ice Rink and its staff, and the recommendations provided by the PYHA COVID Mitigation committee, while following [Moscow's Physical Distancing and Face Covering Public Health Order](#).

PYHA will promote a culture of self-policing and adherence to local ordinances and social distancing rules set in place by the city of Moscow, so that we may foster teamwork within our community and have a successful season.

USA Hockey Recommendations

- Designate a person or group within your organization to monitor state and local government websites for updates or changes to COVID-19 guidelines.
 - *In addition to the PYHA Board of Directors, PYHA has established a standing COVID Mitigation Committee that includes several community health professionals. This committee will meet throughout the season to monitor updates and changes to COVID-19 guidelines, and make recommendation to the PYHA Board.*
- Develop a plan for reporting a positive COVID case and for exposure to an infected individual. Click here to find your local health department for guidance:
<https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>
 - *As with all positive COVID cases, public health officials will deal with any cases in the PYHA community. That said, PYHA will work closely with ~~Idaho~~ Public Health ~~District 2~~ officials to assist in contact tracing, and mitigate risk of exposure to the PYHA community by following all suggested risk mitigation strategies, including cancellation of games and/or practices, isolation of players and coaches, etc.*
 - *Specific Idaho Public Health District 2 guidelines and metrics can be found at the following links:*
 - <https://www.idahopublichealth.com/district-2/novel-coronavirus>
 - <https://www.idahopublichealth.com/district2/coronavirus/2020-8-20%20FINAL%20DATA%20TOOL.pdf>
- Know your facility's safety measures and encourage all members to follow them. Some of these procedures will include:
 - *PYHA will follow and encourage all facility safety measures implemented by the Palouse Ice Rink. These measures can be found here: <https://palouseicerink.com/covid-safety-measures/>.*
- Consider keeping an attendance log for contact tracing.
 - *We will use the RSVP function in SportsEngine to track all player and coach attendance at PYHA events, including practices and games. Parents will be required to RSVP in SportsEngine*

before attending PYHA events. Age division's team managers and COVID coordinators will be responsible for assuring accuracy of event attendance for contact tracing purposes.

- Consider screening questions and temperature checks for members attending on-ice sessions if your facility is not already doing so (see screening section below).
 - PYHA asks player/parents/volunteers/spectators to self-screen using the Moscow School District's self-screening guidelines, [available here](#), and modified below:

Every time you head off to a PYHA event, please check the following:

1. That you do **NOT** have a fever 100°F or higher.

2. Other signs of illness such as:

- congestion or runny nose
- cough
- shortness of breath or difficulty breathing
- diarrhea
- headache
- nausea or vomiting
- sore throat
- muscle pain and fatigue
- chills
- new loss of smell or taste

You should stay at home (do not come to practice, games, or any PYHA event) if:

1. You have been in close contact (within 6 feet for more than 15 minutes) with anyone confirmed with Covid-19 within the past two weeks **or if you are awaiting the results of a Covid-19 test.**

2. You have **a fever of 100°F or higher, any respiratory symptom, or any other symptoms listed above not attributable to another cause or condition.** Contact your medical provider to determine if a test for Covid-19 is indicated, and when it is safe to return to activities.

When in doubt, please stay home, notify your coach, and respond appropriately to RSVPs in SportsEngine.

Return to play for players and coaches

“Fever-free” in this document always means without use of fever-reducing medication

Participant has one low risk symptom and no other symptom:

- Stay home for observation for other symptoms

- *May return if more than 24 hours fever-free AND no new symptoms develop, OR it is determined symptom is attributable to other cause/condition.*

Participant has one high risk symptom or two low risk symptoms (High risk: cough, shortness of breath, difficulty breathing, unexplained loss of, or decrease in, sense of smell or taste. Low risk: Elevated temperature, sore throat, runny nose, body aches unexplained, vomiting, diarrhea, headache, fatigue):

- *Participant must stay home*
- *Participant may return:*
 - *Generally 10 days after symptom onset and more than 24 hours fever-free and symptoms resolved*
 - *Medical provider may provide statement determining it is safe to return to activities at earlier date if: an alternative diagnosis is responsible for symptoms and more than 24 hours fever-free*
 - *A negative COVID-19 test may be accepted, per Public Health*

Participant had a close contact (as defined above) with a person with COVID-19, remains asymptomatic

- *Participant should stay home, cooperate with public health*
- *Generally, a player may return 14 days after most recent exposure to the close contact*
- *A medical provider note, or a negative test, does not necessarily allow for earlier return*
- ***If a participant develops symptoms during 14 day quarantine:***
 - *They should contact their medical provider and Health Department*
 - *A COVID-19 test may be recommended*
 - *Participants must not play until 10 days after symptoms began*
 - *Generally, a participant may return after 10 days have passed since symptoms developed AND more than 24 hours fever-free, provided symptoms have resolved.*

Player or coach tests positive for COVID-19

- *Participant with symptoms:*
 - *May return to play after 10 days from positive test AND symptoms improving AND more than 24 hours fever-free*
- *Participant without symptoms*
 - *May return to play after 14 days from positive test*
- *A negative test or medical provider note are not required for return if following Public Health guidance*

If a player or coach who develops symptoms during practice, game, or other activity during a PYHA activity, the participant will be sent home, per the guidelines described above.

- Determine the number of players and coaches that can be on the ice at one time, and keep groups together for subsequent sessions.

- *PYHA/PIR has set the maximum players at 30 (not including coaches). Both age groups and player groups within age groups will be set for the season.*

- Coaches and officials may want to consider the use of electronic whistles.
 - *PYHA encourages coaches and officials to use electronic whistles.*

Personal Hygiene

- PYHA Recommends the follow personal hygiene procedures:
 - *Wash hands frequently, for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol.*
 - *Do not touch your face.*
 - *Cough or sneeze into a tissue or the bend of your elbow, dispose of the tissue and wash/ sanitize hands immediately.*
 - *Do not share water bottles, towels or other equipment. Mark them clearly so you know which one is yours.*
 - *Clean/disinfect equipment after each use.*
 - *All are asked to use hand sanitizer before touching surfaces in the lobby or locker rooms.*
 - *Wear an appropriate face covering over your nose and mouth to prevent the spread of droplets.*

Social Distancing

- PYHA has adopted the following distancing policies and procedures:
 - *Maintain social distancing measures (at least 6 ft. apart) at all times when off the ice.*
 - *Players are required to dress at home to avoid locker rooms. Coming with skates tied, wearing skate guards is highly recommended; properly distanced benches will be available in the lobby to swap shoes for skates, if necessary.*
 - *Limit group discussions so players are not in close proximity for extended periods of time.*
 - *Benches have been extended and clearly marked to allow space for proper distancing between occupants.*
 - *Coaches, parents, and spectators must follow social distancing measures in the lobby and elsewhere in the rink. **Max capacity of the lobby is 30.***
 - *No high fives, handshakes, fist bumps, or hugs.*
 - *Coaches will design practices with distancing recommendations in mind.*
 - *Coaches are to be masked at all times on and off the ice, and there is a wireless headset available so coaches can give instruction during practices without players having to bunch up.*

Personal Protective Equipment

- Your helmet facemask is a personal choice, but a full, clear polycarbonate shield or clear shield cage combination may provide a higher level of protection. Both Bauer and CCM have developed products that coordinate with facemasks to provide even better coverage. Families are encouraged to research these options.
- All players, coaches, parents, and spectators are required to wear a face covering/mask when entering/exiting the facility and within the facility (the exception being players *when on the ice* – see below).
- Wearing a face covering/mask during on-ice practice or games is a personal choice for players, but required for coaches. However, participants must wear a face covering/mask for on-ice practices and games, if they are required by local and state government order and/or the ice rink facility. There may be disadvantages of wearing a face covering/mask during high intensity exercise, and these should be researched by each family, so you can make the appropriate decision for your player.
- Each player and family must make their own decision regarding face coverings/masks during on-ice practices or games. Whatever each player/family decides, they thereby assume the associated risks that accompany their decision.
 - Some resources to start your research:
 - <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Why-Cloth-Face-Coverings-are-Needed-in-Youth-Sports-During-COVID-19.aspx>
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
 - https://www.usahockey.com/news_article/show/1110651
- If you choose to wear a face covering/mask or local guidelines or facilities require them, please note that there are many types, styles and materials used for face coverings/masks:
 - Do not wear filtering face mask respirators (N95, FFP1, FFP2) during exercise.
 - Choose a face covering/mask that fits comfortably and allows you to breathe during exercise. You may have to experiment with different options; two layers of material are considered sufficient.
 - It may be useful to have multiple face coverings/masks available so you can change them when they become saturated. A wet face covering/mask can impair breathing.
 - CCM and Bauer have some options available that may be worth considering:

- <https://ccmhockey.com/en/product/accessories/player/facemasks-and-more/skater-game-mask>
- <https://www.bauer.com/en-US/hockey-helmets/facial-protection/concept-3-splash-guard-655630.html>
- PYHA will provide a branded “BEARS” gator to each registered player. These gators are intended to be a convenient masking option for players.

Practice Procedures

- Arriving to practice

- *Locker room 1&2 will be available for use by **goalies only***
- *Players/parents may not arrive more than **10 minutes** prior to the start of practice.*
- *Parents may not enter the rink until players are on the ice in order to stay under lobby capacity requirements.*
- *Players must arrive fully dressed (skates with skate guards is preferable, and may be necessary for younger players that can not tie their own skates)*
- *Players must enter the ice via the doors at the player benches*
- *Players must wear a mask over mouth and nose until they go onto the ice*
- *Coaches must wear a mask over mouth and nose at all times, on and off the ice*
- *Although we are discouraging spectators, especially at practice, **only 1 parent/guardian/caretaker may watch practice/games***

- After practice

- *Players will exit ice from the lobby door once all pucks are put away*
- *Players must put masks back on as they leave the ice.*
- *Players must leave the rink within 5 minutes of the end of practice.*

Games/Tournaments

- ALL GAMES

- *Unless a rink we visit has stricter COVID policies (we will follow those):*
 - *Team warm-ups to be completed outside the rink prior to game.*
 - *Pregame lineup and game discussion will occur outside if possible, and in an open indoor area if not.*

- *Masks will be required until helmets go on (right before game time)*
- *Distancing will be practiced before and after games and while on benches*
- *Coaches will wear masks*

- HOME GAMES

- *We are waiting on City of Moscow to provide permission to host games*
 - *Tournaments and games are optional – please communicate your plans and preferences well in advance so we can plan*
- *PIR has contracted with LiveBarn, a streaming service that can be subscribed to for \$15/month to watch games and practices at PIR*
 - *Consider having a parent/parents stream games/practices over Facebook or Youtube*
- *We will provide our policies and procedures to any opposing teams that will be playing in our rink prior to their arrival, stating our expectations and local ordinances that must be followed while visiting our rink.*

- AWAY GAMES

- *If applicable: time in locker rooms will be limited to 15 minutes prior to games and 10 minutes after (the less time in locker room, the better) and only when distancing is possible, and mask will be worn by all players, coaches, and volunteers.*
- *We will send out policies for the rinks we are visiting well in advance of the visit, so parents can decide on participation.*

Palouse Ice Rink

- PIR has a detailed list of COVID-19 safety measures that can be found here:

- <https://palouseicerink.com/covid-safety-measures/>

- In addition:

- PIR has created mask storage on the benches for players that don't wear them during practices and games.
- PIR has clearly displayed signage regarding masking in the lobby.
- PIR has clearly stated risk waiver posted at entrance of the rink.
- The ice rink structure has tall ceilings with garage doors on both ends. It also has three exhaust fans. These will be manipulated to create the best possible air circulation within the structure.
- PIR is limiting spectators during all events. ***Max capacity of the lobby is 30.***
- PIR has clearly marked for entrance and one for exit, to manage the flow of people in and out of the rink.

